

## Mongolian Cuisine: Tsuivan (ЦУЙВАН)

*Serves 2 people*

• Beef	200g	• Spring Onion	To Taste
• Flour (All purpose)	200g	• Salt	To Taste
• Onion	1	• Pepper	To Taste
• Carrot	1	• Olive Oil	3 Tbsp.
• Potatoes	3	• Soy Sauce	2 Tbsp.
• Capsicum	1	• Water	350ml

### **Method:**

1. Add flour to a mixing bowl, and add approximately half of a 200ml portion of water, mixing through with a pair of wooden chopsticks. Slowly add the remaining water, kneading continuously until the dough is roughly as firm as your earlobe. Split the dough in two halves, mold into a circle or ball, and leave to rest.



2. Finely slice the meat, onion and carrot. Cut the capsicum and potato into large strips or chunks.



3. Add olive oil to a pot or fry pan, then add the meat and vegetables along with salt and pepper to taste. Bring to a simmer before adding the soy sauce and more salt to taste. Once cooked through, add enough water to submerge the meat and vegetables.



4. Roll out the dough into sheets of approximately 2mm thickness.



5. Once rolled into a flat, circular shape, add a tablespoon of olive oil across the surface, and cut the dough into quarters; stack the quarters on top of each other. Further cut this stack into three sections of equal width, stack, and cut into noodles roughly 5-7mm wide.



6. Add these noodles on top of the ingredients in the pot/fry pan (④).



7. Further cook the ingredients together on high heat for 10 minutes, followed by another 5 minutes on medium heat.

8. Once cooked through, separate the noodles out and stir them through the rest of the ingredients. Finally, add some spring onions to taste, and serve!

